

VALENTINES CELEBRATION – “CHOCOLATE 101” or A BRIEF HISTORY OF CHOCOLATE

Join us as we celebrate Valentines Day by taking part in a chocolate workshop at the senior center with performer Judith Kalahora on Thursday, February 12th from 1:00 to 3:00 p.m. Nine out of ten people love chocolate... and the tenth person is lying! What is it about this delicacy that makes mouths water? How did this food get such a bad reputation? And did you know that chocolate is good for you? All the questions you've ever had about chocolate, such as where it comes from, how it's made, and why it tastes so good, are answered in this class. You'll even learn what your chocolate preference says about your personality. "Chocolate 101" is not for the faint of heart, as we will sample some of the best chocolates from the world over, ranging from white chocolate, all the way up to 99% cacao. So, if chocolate is an invaluable part of your life, then this program is for you! Seating is limited. Please call the senior center at 508-543-1252 if you'd like to sign up for this workshop.

Monday, January 12

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, January 13

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Movie Day – “Chef” 12:30 p.m.

Computer Basics Class 1:00 p.m. & 2:30 p.m.

Talespinners 2:00 p.m.

Wednesday, January 14

Strength Training/EnhanceFitness 8:30 a.m.

Chorus 10:00 a.m.

Zumba 11:30 a.m.

Computer Class with Charter School Students 11:30 a.m.

Target 1:00 p.m.

Thursday, January 15

SHINE by appointment 10:00 a.m.

US History Series #2 with Paolo DiGregorio 11:00 a.m.

AMP Workshop #2 – Financial Planning with Patrick Mullin 12:30 p.m.

Low Vision Support Group 1:00 p.m.

Intermediate Italian Class 1:30 p.m.

Friday, January 16

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 11:00 a.m.

Advanced Italian Class 1:15 p.m.

Saturday, January 17

Friends of Foxboro Seniors meeting 9:30 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL PROGRAMS

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough's senior citizens. This program is made possible thanks to a grant from the Foxborough Rotary Club for a program to teach computer skills to seniors. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in this program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes will be held on Wednesdays, from January 14th through March 4th at 11:30 a.m. at the senior center. If you plan on joining us, please call the senior center at 508-543-1252 to sign up.

HISTORY LECTURE SERIES

By popular demand, we have invited Paolo DiGregorio, "the Artifactual Scholar," back to the senior center to present lectures on American history. Paolo is an historian, archaeologist and educator, with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University, an instructor in the Anthropology Department at Wheaton College, and he has been a popular guest speaker at programs at the senior center. Paolo's lecture series will be held on Thursdays, January 15th and 22nd from 11:00 a.m. to noon. On January 15th, Paolo's 2nd lecture will be about Manifest Destiny and the growth of the nation. On January 22nd, Paolo will tell us about Aaron Burr and Alexander Hamilton which is a story with a lot of political intrigue, vicious name-calling and, of course, the famous duel. Come join us to hear stories of our past and feel American history come alive. If you'd like to attend one or all three of these programs, please call the senior center at 508-543-1252.

AGING MASTERY PROGRAM WORKSHOP #2 – MONEY MANAGEMENT

The National Council on Aging (NCOA) has chosen the Foxborough Council on Aging as one of three senior centers in the country to pilot a new financial education component of the Aging Mastery Program. The second in our series of 3 Aging Mastery Programs on financial fitness will be held on Thursday, January 15th from 12:30 to 2:00 p.m. The subject of this second workshop will be "Financial Planning" with guest speaker Patrick Mullin. Mr. Mullin is a Certified Financial Planner and is currently a Senior Vice President with U. S. Trust, Bank of America Private Wealth Management. The final workshop will be held on Thursday, January 22nd at 12:30 p.m. and the topic will be "Fraud Prevention." This series of workshops are fully funded by a grant from the NCOA and are offered free for all participants. A light lunch and course materials are provided to all participants.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, January 21st at 1:00 p.m. Everyone is welcome to attend these informational services.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, January 28th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about Foxborough. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch “Your Scene Your Center” on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On January 14th and 15th the featured program will be “Tinnitus: Causes and Treatments.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

SAND FOR SENIORS

“Sand for Seniors” is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the VanGo will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

TRIP INFORMATION

TRIP TO FOXWOODS CASINO

On Thursday, February 26th we'll be traveling to Foxwoods Casino. Come join us as we go to the northeast's largest casino, with over 6,000 slot machines, 38 restaurants and many retail shops. Check out all the table action, slot machines, Bingo and the new penny machines, or just come to enjoy good food and shopping. We will be leaving from St. Mary's church parking lot at 7:45 a.m. and return to Foxborough around 5:00 p.m. The cost for the day trip is \$25 per person and this includes round-trip transportation by motor coach, a \$10 food coupon or full buffet lunch, \$10 slot play (subject to change) and gratuity for the coach driver. Call the senior center at 508-543-1252 if you're interested in joining us. Sign-up for this trip will begin on Wednesday, January 7th and payment is due by Friday, February 6th.

SIGN UP FOR OUR 2015 TRIP TO NOVA SCOTIA

We've had a great response with the sign up for our trip to Nova Scotia in 2015. We will be traveling up to Nova Scotia and Prince Edward Island for an “Atlantic Canada Cruise Tour” from July 6 – 12 in 2015. The cost for this trip is \$1,637 per person for a double room, \$1,567 for a triple room and \$2,217 per person for a single. This price also includes gratuities for the motorcoach driver, escort and local guides. Passports will be required and our travel arrangements are provided by Tours of Distinction. If you are interested in learning more details on our travel plans, call the senior center now at 508-543-1252 for information or to sign up – there are a very limited number of spaces still available. Trip registration forms are available at the front desk of the senior center, and payments are to be made directly to Tours of Distinction.

REGULARLY SCHEDULED

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Longhorn Steakhouse in Mansfield on Wednesday, January 28th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, January 26th. Van transportation is available.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings at 11:30 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come

and learn some Latin dance moves with our instructor Bilyana “BB” Dimitrova, and have some fun while getting in shape. The cost for each class is \$2.

JAY BARROWS’ OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on January 26th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, January 27th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

BINGO

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, February 3rd from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know if you’ll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

MOVIE DAY

NetFlix sent us the wrong movie! So instead of watching “The Guilt Trip” this month, the featured movie for the month of January will be “Chef” and is scheduled to be shown on Tuesday, January 13th at 12:30 p.m. Come join us to watch this entertaining comedy. When gifted chef Carl Casper (Jon Favreau) suddenly quits his demanding job at a trendy LA restaurant, he’s on his own to pick up the pieces of his once promising career. Finding himself in Miami, he decides to team up with his successful ex-wife (Sofia Vergara), his best friend (John Leguizamo) and son (Emjay Anthony) to launch a no-frills food truck business. Taking to the road, Carl reignites his passion for the kitchen and, along the way, discovers a renewed zest for life and love. Take in a good movie with friends while you enjoy the comfort of the senior center. We’ll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you’d like to join us, please call 508-543-1252 to sign up.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on January 15th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

SHOPPING

We will be going to Shaw’s on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

January 14 – Target

January 21 - Walmart

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, January 13th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month.

Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, February 2nd. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment.

DID YOU REACH THE "DONUT HOLE" LAST YEAR?

If you have a Medicare Part D or Medicare Advantage plan and do NOT get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reached \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means... a \$300 brand name drug will now cost you \$135! This is where Prescription Advantage can help. Prescription Advantage, the Massachusetts prescription drug assistance program can help pay for your prescription drugs when you reach the "donut hole." To find out how to lower your drug costs, call Prescription Advantage at 1-800-243-4635 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit the website at www.prescriptionadvantage.org. The money you save can be your own!

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for January 15th and February 3rd. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up and appointment.

WEEKLY SCHEDULED PROGRAMS

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. Classes are \$2 per session (a lower rate subsidized by the Friends of Foxboro Seniors). Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Please call the senior center at 508-543-1252 to sign up.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels. The cost is \$2 per class. Come and give it a try!

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, January 12

Mini-Ravioli with Tomato Basil Sauce

Genoa Blend Vegetables

Multigrain Roll

Apricots

Calories 295

Sodium 560

Tuesday, January 13

Pea Soup

Herb Baked Chicken

Country Blend Vegetables

Whole Wheat roll

Fresh Apple

Calories 363

Sodium 514

Wednesday, January 14

Beef Patty with Onion Gravy

Confetti Rice

Glazed Carrots

Muffin

Pears

Calories 384

Sodium 436

Thursday, January 15

Roast Turkey with Gravy

Cranberry Sauce

Whipped Potato

Squash

Dinner Roll

Apple Crisp

Calories 474

Sodium 521

Friday, January 16

Pork Lo Mein

Oriental Vegetables

Wheat Bread

Pineapple Chunks

Calories 402

Sodium 277